

Broccoli Salad

Meal Components: Fruits, Vegetable - Dark Green

Salads, E-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing	2 lb	1 qt	4 lb	2 qt	1. For dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well.
OR	OR	OR	OR	OR	
Lowfat mayonnaise	2 lb	1 qt	4 lb	2 qt	
Sugar	1 lb	2 cups	2 lb	1 qt	
White vinegar		1/4 cup		1/2 cup	
Lowfat 1% milk		1/4 cup		1/2 cup	
*Fresh broccoli, florets	3 lb 8 oz	1 gal 2 1/4 qt	7 lb	3 gal 2 cups	2. Cut broccoli into bite-size pieces. Add dressing.
Raisins	2 lb 4 oz	1 qt 3 1/4 cups	4 lb 8 oz	3 qt 2 1/2 cups	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread 4 lb 9 oz (approximately 3 qt 1/2 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less.
Walnuts, chopped (optional)	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
*Fresh red onions, sliced (optional)	6 oz	1 cup	12 oz	2 cups	4. CCP: Cool to 41° F or lower within 4 hours.

5. Portion with No. 8 scoop (½ cup).

Notes

Updated July 2014.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Broccoli	4 lb 6 oz	8 lb 12 oz
Mature onions	7 oz	14 oz

Serving	Yield	Volume
1/2 cup (No. 8 scoop) provides 1/2 cup dark green vegetable and 1/4 cup fruit. (Dried fruit credits as twice the volume served.)	50 Servings: about 9 lb 2 oz 100 Servings: about 18 lb 4 oz	50 Servings: about 1 gallon 2 ¼ quarts 2 pans 100 Servings: about 3 gallons 2 cups 4 pans

Nutrients Per Serving					
Calories	154	Saturated Fat	1 g	Iron	1 mg
Protein	2 g	Cholesterol	7 mg	Calcium	29 mg
Carbohydrate	31 g	Vitamin A	503 IU	Sodium	172 mg
Total Fat	4 g	Vitamin C	30 mg	Dietary Fiber	2 g